

HANDOUT 5:

MY PARENTING STYLES AND PRACTICES

What methods of discipline do I use most often?

What type of parenting style best describe(s) me?

Why do I use this parenting style?

What type of parenting style(s) best describe(s) my child's other caregiver(s)?

What would be difficult to change about my/our parenting?

What could I do to improve my parenting style?